

Who is Affected by Mental Health Disorders?

Celebrities with mental health and substance use disorders that you have probably heard of are:

Laura Lawless (Miss Arizona 2002)

Clinical Depression

Herschel Walker (NFL player/author)

Dissociative Identity Disorder

Howie Mandel (comedian/actor)

Obsessive Compulsive Disorder

Brooke Shields (actress/author)

Postpartum Depression

Winston Churchill (British prime minister)

Depression

Buzz Aldrin (astronaut)

Depression and Substance Use

Tom Harrell (jazz musician/composer)

Schizophrenia

Michael Phelps (Olympic athlete)

Attention-Deficit/Hyperactivity Disorder (ADHD)

These serious health conditions do not just challenge famous people, they can – and do – challenge anyone: your aunt, your father, your sibling, your child, your neighbor, your coworker, your boss, your teacher ... and, yes, even YOU.



To learn more about how you can help or get involved, please contact the Arizona Stigma Reduction Committee:



Division of Behavioral Health Services

(602) 364-4558

www.azdhs.gov

Join the Movement



Help Reduce Stigma In Arizona

Mental Health: Everyone Has It!

Mental Health

People develop mental health and substance use disorders for many reasons:

- For some it may be genetic or biological
- For others it may be a result of a life experience
- They may be the result of another illness, and...
- Sometimes we simply don't know why

These are "health" concerns just like diabetes, high blood pressure, cancer or arthritis.



If mental health and substance use disorders are "health" challenges, why are people often treated differently?

Stigma

Stigma refers to the negative attitudes (*prejudice*) and negative behaviors (*discrimination*) toward people with substance use and mental health disorders.

Fact

Mental health and substance use disorders are actually quite common.



About
1 in 4 adults in Arizona
suffer from a
diagnosable mental disorder
in a given year *

Recovery

There are a variety of treatments available. Treatment works and people really do recover! Unfortunately, **stigma** often becomes a **barrier** to people seeking treatment and can seriously impact recovery.

You can help fight the discrimination and prejudice associated with mental health and substance use disorders!



*Kessler RC, Chiu WT, Demler O, Walters EE. Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). *Archives of General Psychiatry*. 2005 Jun;62(6):617-27. **SOURCE:** Retrieved November 5, 2008 from <http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america.shtml>

People with mental health and substance use disorders live, work, go to school and volunteer in your community. They are family members, friends and neighbors.

They serve our country and make meaningful contributions to society.

Encourage and support people in their recovery from mental health and substance use disorders

- as we do with people challenged by any serious health condition.



You Can Help!

- * Know the facts
- * Educate others
- * Choose your words carefully
- * Be aware of your own attitudes and behavior
- * Be supportive and compassionate
- * Include everyone in activities

Together
We Can Beat Stigma!